

# GIANT BUSTING

*recipes*

EMPOWER  
TO COOK!

FEED  
BACK

A collaboration between  
Empower to Cook and Feedback  
Made in Buckinghamshire - UK

A Food Citizen's Cookbook



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# WELCOME FROM FEEDBACK

## FEEDBACK WORKS TO REGENERATE NATURE BY TRANSFORMING OUR FOOD SYSTEM

We believe that nutritious and delicious food for all should go hand in hand with protecting our environment.

Food production is the single greatest impact humans have on the environment. From mountains of food waste, to habitat destruction, to clearing land to grow animal feed for factory farms, to soil depletion leaving future harvests at risk: the food system needs to change.

Founded in 2013, Feedback combines hard-hitting investigative research, mass public participation feasts, and on the ground pilots for a better food system. As a result, we've put food issues, in particular waste, at the very top of the business and policy agendas.

In Buckinghamshire, Feedback runs a project called Food Citizens Bucks. We work with local people and groups to build awareness of the environmental impacts of what we eat and what we waste. Together we explore how we can be active participants in our food system by

becoming food citizens, shaping what we eat and where it comes from for our health and our planet.

What does it mean to be a food citizen? Taking responsibility for our own food waste and doing our best to reduce how much we waste. Becoming part of sharing food with others by supporting food banks and community fridges. Thinking about where our food comes from and supporting local producers and businesses. And calling for change from factories, farms, and supermarkets, that have a lot of power over how our food is produced and distributed. We all have the power to make small changes which add up to a big difference.

We are delighted to be working with Empower to Cook to help more people learn food skills to avoid waste and have healthier diets. In this cookbook we are exploring the foods that most often go to waste in Buckinghamshire during the different months of the year, providing recipes to help experiment with new and delicious meals to address this waste.



## WHAT IS A GLUT?

A GLUT IS AN EXCESSIVE QUANTITY OR AN ABUNDANT SUPPLY OF SOMETHING. WHEN THE MARKET IS FLOODED WITH GOODS AND SUPPLY EXCEEDS DEMAND, THEN PRODUCE GOES TO WASTE!

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## Glut Busting Recipes

A Food Citizen's Cookbook focuses on fruit and vegetable gluts common to Buckinghamshire. From gooseberries to potatoes, cabbage to rhubarb; the recipes in this cookbook give you the chance to help prevent tonnes of food waste entering landfill. For further information about Feedback's campaigns please visit [www.feedbackglobal.org](http://www.feedbackglobal.org)

This research was conducted by Empower to Cook as part of the Food Citizenship project in Buckinghamshire. Take a look at our page published in this cookbook or visit [www.empowertocook.co.uk](http://www.empowertocook.co.uk)

# THE FOOD WASTE PICTURE FOR BUCKINGHAMSHIRE

Food waste is a problem from farm to fork. As food citizens we need to address food waste in our homes but also be mindful of waste that occurs beyond household bins and work towards a better food system.

“Food that could have been eaten but gets thrown away (5.0 million tonnes) is worth around £15 billion. This is almost £70 per month for the average family with children. The carbon associated with this food waste is equivalent to that generated by one in four cars on UK roads.” (WRAP)

On a regional level there is potential to connect low levels of production surplus from allotments and farms to support good causes and reduce waste. Redistribution of surplus food from major supermarkets and distributors is mainly through SOFEA, the charity distributing food for FareShare in the Thames Valley.

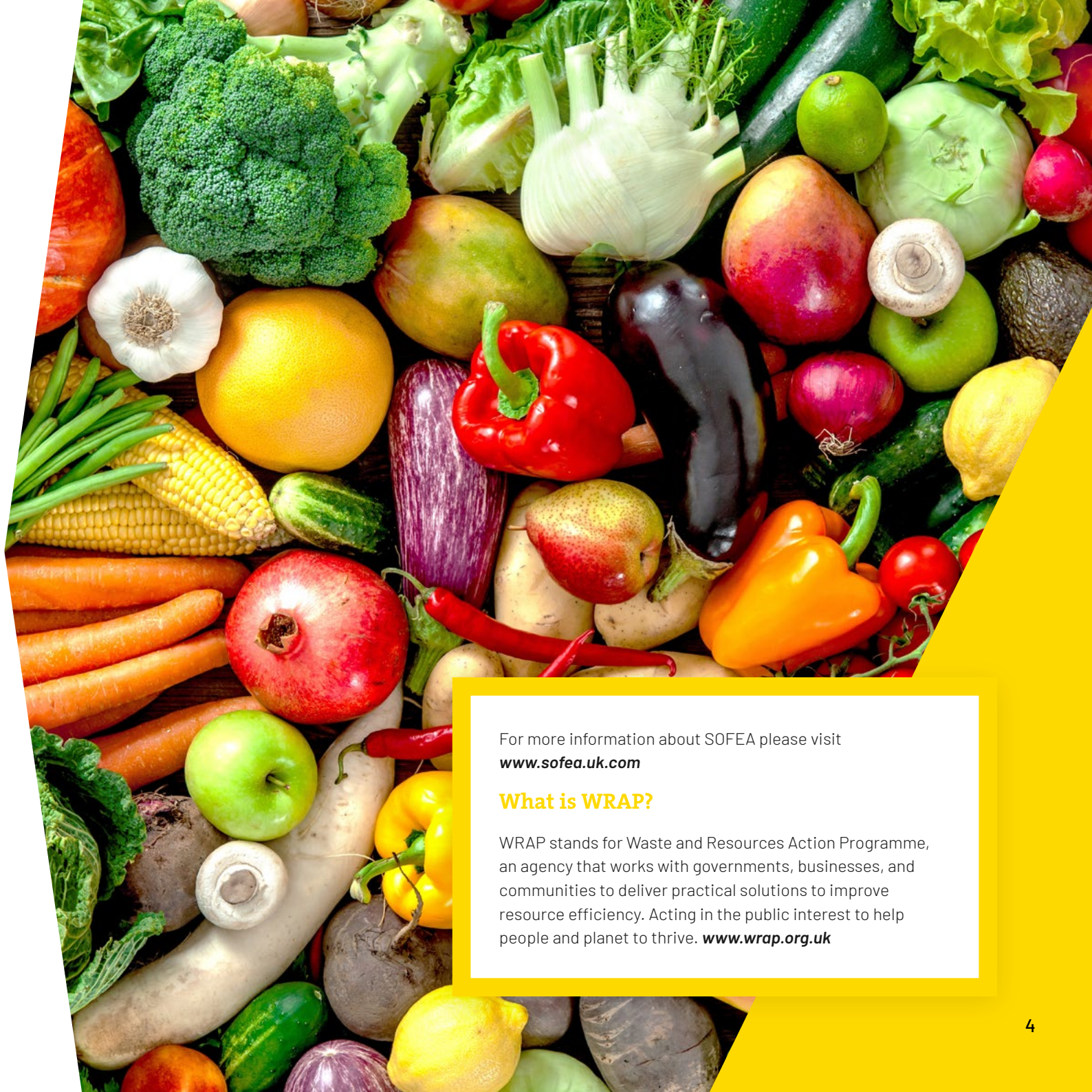
During August 2018 - July 2019, SOFEA processed food that weighed an average of 37 thousand tonnes every month; this is the equivalent of about 24 mid-sized family cars. On average 13% of the food processed was fruit (by weight) and 16% was vegetables (by weight). There are nine foods that were consistently surplus in large quantities in Buckinghamshire. These were:

- Bananas
- Fruit juice, chilled
- Potatoes
- Yoghurt, flavoured
- Carrots
- Bread
- Milk (cow's)
- Cake products
- Oranges

Top 10 most wasted food and drink items in UK homes (that could have been eaten) are:

- Potatoes (fresh)
- Bread
- Milk
- Meals (home-made and ready-made)
- Fizzy drinks
- Fruit juice and smoothies
- Pork / ham / bacon
- Poultry (chicken, turkey, duck)
- Carrots (fresh)
- Potatoes (processed e.g. chips, mash, etc.)

In addition, we also overbuy fruit and vegetables, especially salad, with households commonly throwing these items away because they are not eaten before they are perceived to be past their best. According to WRAP 28% of all fresh vegetables and salad, and 6% of fruit is wasted.



For more information about SOFEA please visit  
[www.sofea.uk.com](http://www.sofea.uk.com)

### **What is WRAP?**

WRAP stands for Waste and Resources Action Programme, an agency that works with governments, businesses, and communities to deliver practical solutions to improve resource efficiency. Acting in the public interest to help people and planet to thrive. [www.wrap.org.uk](http://www.wrap.org.uk)



# KATIE PESTO



## JANUARY BUCKS GLUTS: KALE, LEEK, PUMPKIN

While traditional pesto is a very summery thing, made with basil and pine nuts, seasonal variations are a great way to use herbs about to wilt in the fridge, green leafy vegetables, and any nut that sits in the cupboard after the festive spree. 'Pesto' is simply a mix of aromatics and nuts chopped or blended until they become a paste, which means that combinations are almost infinite. Just a couple minutes, few ingredients and a blender. There you have it, a waft of summer even in the deepest winter.

### INGREDIENTS

- 4-5 leaves of kale, without the stalk and shredded
- 40 g walnuts, cashews, or pine nuts
- 1 garlic clove
- 4 tbsp olive oil
- A squeeze of lemon juice
- Salt and pepper

### METHOD

- 1** Boil a small pot of water and toss in the kale for a minute or so, until soft. Drain and run some cold water through to stop the cooking.
- 2** Place the kale, nuts, garlic, oil, a pinch of salt and a squeeze of lemon juice in a food processor and blend. If the blender is struggling or the sauce is not coming together, add some extra oil. You can leave the pesto chunky or make it as smooth as you like.
- 3** Adjust salt and pepper to taste.
- 4** Use straight away or place in a jar, with some extra oil on top, and store for up to a week in the fridge.



### Bucks Gluts Top Foodie Tips

Spread on toast, mix it through roasted vegetables, add to soups or use as sauce for pasta with some extra cheese added. Don't throw away the kale stalks! Finely slice them and add to soups, stir-fries or a frittata.



LEEK AND  
POTATO

**SOUP**

## FEBRUARY BUCKS GLUTS: CABBAGE & LEEK

There are days when cooking is just another thing to do, the last one in a long list... It's probably in one of those evenings that we hit the supermarket and reach out for a tub of leek and potato soup. And yet, you might be surprised how simple it is to make! Five minutes to chop the ingredients, 20 minutes to simmer everything while you relax, a little whizz to blend it and dinner is ready. Don't have a blender? You can leave it chunky and add some pasta or some toasted bread for a minestrone with a twist. You can make it to your own taste, it's much fresher and there's no plastic to be thrown in the bin, which is kinder to the environment.

### INGREDIENTS

- 25 g butter
- 1 large leek, washed and chopped
- 1 onion
- 500 g waxy potatoes, peeled and roughly chopped
- 1 L vegetable stock (or 2 stock cubes dissolved in 1 L of hot water)
- Salt and freshly ground black pepper, to taste

### METHOD

- 1** Heat the butter in a large saucepan until bubbling, but not burning. Add the onion and leek, and cook gently for 5-10 minutes until softened. Add the potatoes and stock, cover and simmer for 15 minutes or until the potatoes are tender.
- 2** Blend it with a tall mixer or a hand blender for 2-3 minutes until smooth.
- 3** Pour back into the saucepan and reheat gently.
- 4** Season to taste with salt and pepper.



### Bucks Gluts Top Foodie Tips

We recommend you serve this with a dollop of crème fraîche and a sprinkling of chopped chives. If you have some left over milk, add this to the blended mixture for a creamy texture. This soup freezes well.



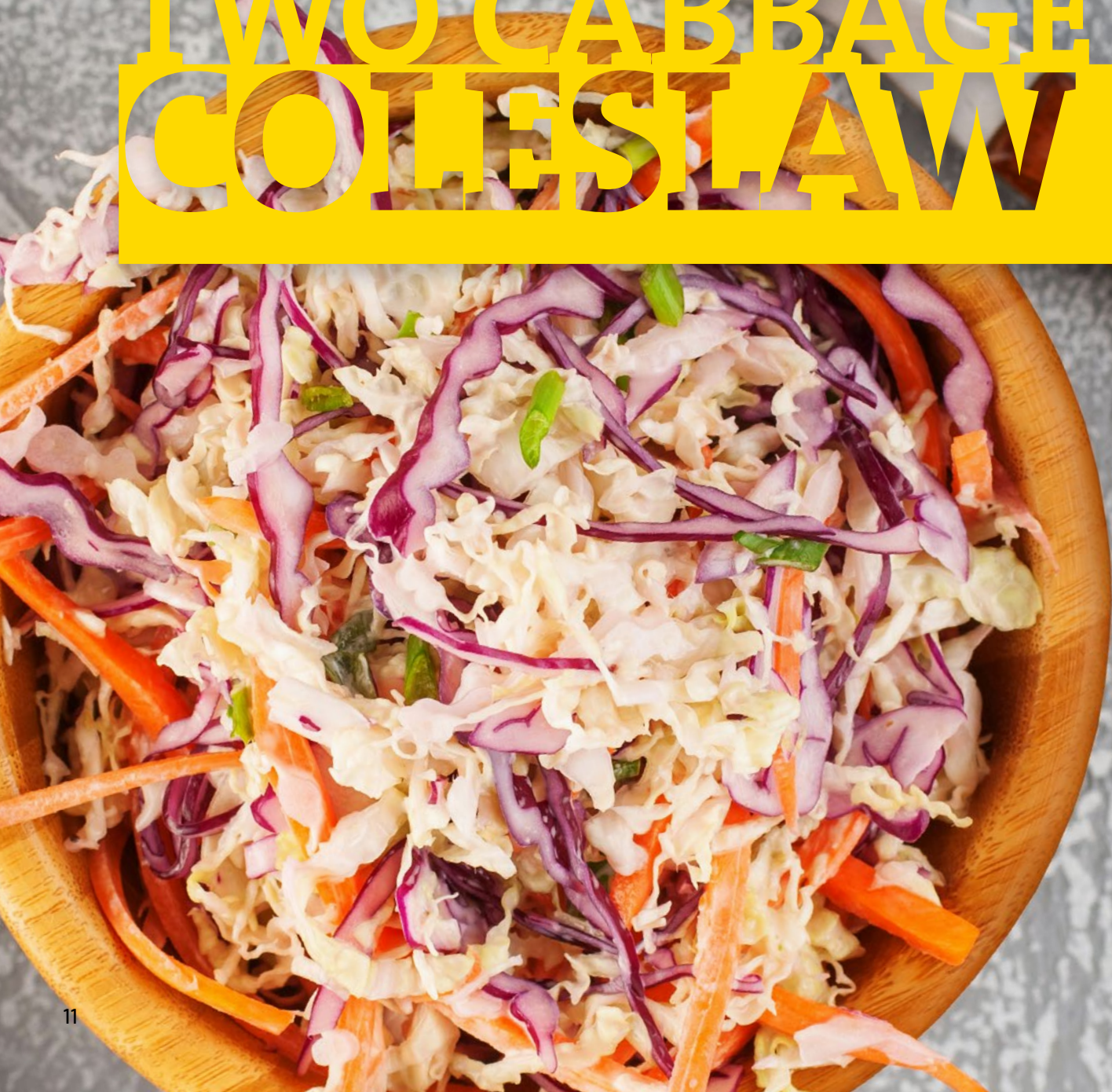
## DID YOU KNOW...

Modern food packaging is designed to make food safe, reliable, shelf-stable and clean. Unfortunately, most food packaging is designed to be single use and is not recyclable. Processed food often has multiple layers of packaging; for example, the food is placed in a tray, covered in plastic wrap, placed into a paperboard box and then, often, covered again in plastic wrap.

Sourcing local fresh food and cooking it yourself from scratch is the best way to lower your contribution to landfill, as food and global citizen.



# TWO CABBAGE COLLESLAW



## MARCH BUCKS GLUTS: CABBAGE

A cabbage can be daunting – it's so big that it makes you fear you'll never be able to finish it. We've all been there, thinking we've gone through it and still finding one last bit hidden in the corner of the veg drawer. We love it though, as it can be used in so many different ways. With just a few ideas up your sleeve, you'll never throw a single leaf away again. From stuffed cabbage, to Asian spicy kimchi, shredded into mash, or made into coleslaw. Let the internet search be your new guide!

### INGREDIENTS

- ¼ white cabbage (around 500 g), shredded
- ¼ small red cabbage (around 250 g), shredded
- 1 medium carrot, grated
- ½ small onion, finely chopped
- 100 g mayonnaise
- 50 g sour cream
- 1 tbsp vinegar
- 1 tsp Dijon mustard
- 1 tbsp lemon juice

### METHOD

- 1** Place the two shredded cabbages and grated carrot in a large bowl and toss to combine.
- 2** Use a separate bowl to mix the mayonnaise, sour cream, vinegar, mustard, lemon juice. Add the onion too and stir well.
- 3** Add the mayo mix to the shredded vegetables and season with salt and pepper. Toss gently to combine and serve.



### Bucks Gluts Top Foodie Tips

If you feel that one cabbage is enough to start, no problem, just use either white or red. It'll just be less colourful. Swede works as well, with or instead of the carrot.

# The Benefits of **GROWING YOUR OWN**

When it comes to the food supply chain, many climate change campaigners talk about 'food miles'. This relates to 'a mile' over which a food item is transported during the journey from producer to consumer, as a unit of measurement of the fuel used to transport it. It is a good way of looking at the environmental impact of foods and their ingredients. It includes getting foods to you, but also getting waste foods away from you, and to the landfill. For example, bananas from Costa Rica would have travelled 5424 miles (8727 km) plus the mileage of you going to the supermarket!

# 1

## **BUY LOCAL**

This means supporting local growers and farms. Beware though when buying in supermarkets. Some foods that may appear to be from local suppliers have probably toured the country between depots before arriving in the shop!

# 2

## **GROW YOUR OWN**

You do not need a large garden to start growing herbs, vegetables or fruit. Salad leaves and aromatic herbs grow well in small pots on a windowsill.

# 3

## **FORAGING**

Foraging is safely sourcing wild food, in nature or in the urban environment, e.g. fruit trees or bushes in public spaces for residents. This is becoming more common amongst local environmental groups.







There is no comparison between the taste of a garden fresh tomato and a shop bought one that is lacking flavour. Home-grown food is more nutritious, helping your diet to be diverse and healthy, packed with vitamins, minerals and antioxidants. Gardening is a great way to get outside for some fresh air and physical activity. It has proven benefits on both mental and physical health and think of the endorphins when you get to eat your first batch of produce!

Growing your own helps you save money, allows you to swap with other growers, and benefits the environment. This lessens the number of trucks on the road, reduces the use of chemicals and pesticides, and does not need plastic packaging.

If you do not have any outdoor space, most towns and villages have local authority-run allotment schemes. Allotments are plots of land that you rent from your local council or a private landowner, on which you can grow your own food. They are communal places, places where you share utilities such as water and fertiliser with the other growers. It can be a great way to meet other people and share ideas and produce.

There are some community allotment schemes and community market gardens across Buckinghamshire that welcome volunteers. Some community centres may also be interested in starting some growing beds to support their members to access fresh produce. The sky's your limit!



# OVEN BAKED FRUIT & VEG

## APRIL BUCKS GLUTS: POTATOES

The chances are pretty high that you can open your fridge and discover you have all the ingredients to make a frittata. Frittata is a great way to use all those bits of vegetables that have been in the fridge for a while, and maybe that box of eggs that's going close to its expiry date. The ingredients list here is just a suggestion, as you can be as creative as you with the ingredients you have. Just avoid vegetables that are too watery, as the frittata will take longer to cook. It can be eaten hot out of the oven but it's also very tasty at room temperature, ideal for a picnic or as part of a school packed lunch.

### INGREDIENTS

- 2 cooked potatoes, cut into slices
- 3 spring onions or ¼ onion, chopped
- 1 red pepper sliced
- 4 tbsp peas
- 4 eggs
- 50 g Cheddar cheese
- Milk, 3-4 tbsp
- Pesto or mixed herbs
- Olive oil
- Salt and pepper

### METHOD

- 1** Preheat the oven to 180°C Fan - 200°C.
- 2** Beat the eggs in a large bowl, add the milk, 1-2 tsp of pesto or mixed herbs, salt and pepper, and most of the Cheddar. If you wish, you can leave the milk out.
- 3** Add the chopped vegetables to the eggs mix and combine well.
- 4** Lightly oil an ovenproof dish and pour in the egg and vegetable mix. Sprinkle with the remaining cheese and bake into the hot oven for 15-20 minutes until golden and set. Leave it for longer if it's not set.
- 5** Leave to rest for 5 minutes before eating.



### Bucks Gluts Top Foodie Tips

It's great served with a salad on the side. You can try different vegetable combinations for a proper fridge-foraging experience. Try some spices when you fry the onions.



# THE BEST COTTAGE PIE WITH LEFTOVER MASH



## **Bucks Gluts Top Foodie Tips**

Leftover cooked potatoes can be frozen. You can roast boiled potatoes straight from the freezer - pop them in the oven with a little oil to crisp up.

# MAY BUCKS GLUTS: POTATOES

Mash is never enough. Until you buy six tubs of it as they were on offer and then discover they expire tomorrow, and you don't have enough meals to eat it all. Mash for breakfast could do, but this is another story... No need to head to the bin though, as mash can be used in a variety of ways. It can be added to a soup to bulk it up and make it thicker; can be transformed into fluffy croquettes; or become the topping of a comforting cottage pie. Like this one.

## INGREDIENTS

### *For the lentil base*

- 1 large onion, diced
- 2-3 carrots, diced or grated
- 2 sticks of celery, finely chopped
- 2 garlic cloves, finely chopped
- 200 g mushrooms, coarsely grated
- 1 tsp mixed herbs
- 400 g tin lentils (drained)  
or 300 g dried lentil
- 1 L vegetable stock (or 2 stock  
cubes dissolved in 1 L of hot water)
- 1 tbsp tomato purée
- 2-3 tbsp Worcestershire sauce
- 2 tbsp soya sauce
- 1-2 tbsp sunflower oil
- Salt and pepper

### *For the topping*

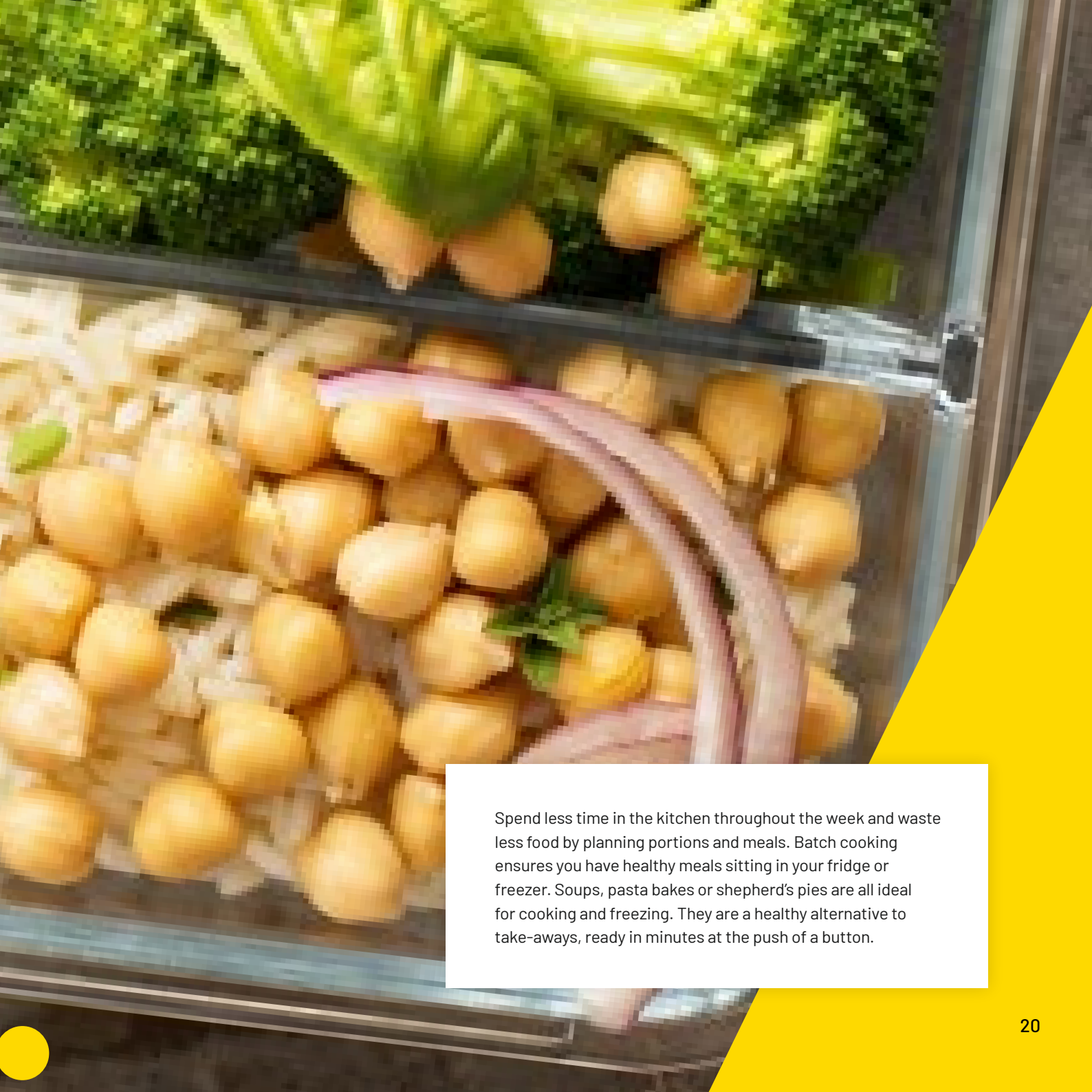
- 500 g mash
- 1-2 tsp mustard
- 25-50 g cheese, grated

## METHOD

- 1** To make the lentil base, heat the oil in a pan, then add the onion, carrots, celery, and garlic, and gently fry for 10 minutes until soft and golden.
- 2** Turn up the heat, add the mushrooms and cook for 2-3 minutes more.
- 3** Stir in the dried mixed herbs, rinse the lentils and add them too.
- 4** Add the soya sauce, Worcestershire sauce, tomato purée and pour over the vegetable stock. It is important that you do not add any salt at this stage.
- 5** Simmer for 15-20 minutes until the lentils are soft. When cooked, lightly season with salt and pepper.
- 6** While the lentils are cooking, turn on the oven and set it at 170°C Fan - 190°C.
- 7** Mix the mash with the mustard.
- 8** You can bake the pie in a big oven tray or in individual ovenproof dishes. To assemble, divide the lentil mixture between all the dishes that you are using, then top with mash and scatter over the grated cheese.
- 9** Bake in the hot oven for 30 minutes or until the topping is golden.



**DID  
YOU  
KNOW...**



Spend less time in the kitchen throughout the week and waste less food by planning portions and meals. Batch cooking ensures you have healthy meals sitting in your fridge or freezer. Soups, pasta bakes or shepherd's pies are all ideal for cooking and freezing. They are a healthy alternative to take-aways, ready in minutes at the push of a button.



## **Bucks Gluts Top Foodie Tips**

If you find gooseberries too tart, you can substitute them with blueberries, blackberries or even a spoonful or two of bitter marmalade.

# **GOOSEBERRY AND LEMON POLENTA CAKE**



## JUNE BUCKS GLUTS: GOOSEBERRY, POTATO

Sometimes it's good to run out of some ingredient, as you discover new food or flavours. For example a polenta cake. You can find polenta or cornmeal in many shops. It is widely used across the world, from South America to the West Indies, from Italy to Poland. Traditionally used as a soft mash, to make tortillas, bread and pancakes. We use it here for a variation on the more usual wheat flour cakes. Running out of flour won't be an issue again.

### INGREDIENTS

- 175 g very soft margarine or butter
- 120 g caster sugar
- 3 eggs, beaten
- 150 g fine polenta (or cornmeal)
- 50 g ground almond
- 1 tsp baking powder
- ½ tsp vanilla extract
- 1 lemon
- 100 g gooseberries
- Icing sugar

### METHOD

- 1** Preheat the oven to 160°C Fan - 180°C and line a 12-hole muffin tin with paper cases. If you don't have a muffin tin, line with greaseproof paper an 8-inch cake tin.
- 2** In a large bowl, use a whisk to beat the margarine or butter with the caster sugar until creamy and light.
- 3** Gradually add the eggs, little by little, until all the egg is worked in and the mix is pale and fluffy. If the mix looks like it's starting to split, add 1 tsp of the flour, then carry on mixing.
- 4** Add the vanilla extract, lemon zest and 1-2 tbsp lemon juice into the eggy mix. Quickly fold in the dry ingredients and mix in the gooseberries.
- 5** Spoon into the muffin cases or the cake tin.
- 6** Bake the muffins for 20-25 minutes until risen and golden. If you're baking a single cake, this will take longer, around 40-50 minutes.
- 7** Cool in the tin for 10 minutes, then take out on a wire rack and dust with icing sugar.

# Introducing **EMPOWER TO COOK**

Changing lives through food

“

WE WANT TO INSPIRE, MOTIVATE AND EMPOWER CHILDREN, YOUNG PEOPLE, INDIVIDUALS AND FAMILIES THROUGH COOKING NUTRITIOUS AND AFFORDABLE MEALS FOR THEMSELVES.

Michael Brown, Founding Director of Empower to Cook

”

Empower to Cook is a social enterprise based on food education and located in Buckinghamshire, a region where areas of wealth coexist next to pockets of poverty and food hunger.

Empower to Cook run classes and courses to give people the confidence to get back to cooking – or start for the first time! – reconnecting them with real food cooked from wholesome, natural ingredients. Food is so much a part of our daily life, that learning to cook creates real and deep changes.

Being a social enterprise, everything Empower to Cook does is developed through conversations with local groups. Social issues are tackled and any profit made is reinvested back in the community.

Learning to cook is learning in action, creating new habits that soon become part of people’s daily lives and generate positive change, one bite at a time.





# EMPOWER TO COOK!

## Our work includes:

We work with schools to deliver better food education and inspire children to make healthy food choices. Learning to cook equips a new generation with the skills to achieve better health and well-being for themselves. Cooking skills are not only as important as reading, counting and writing, but they bring the curriculum to life, enriching it with lived-experience.

The health and well-being of any community enable it to thrive. When individuals, families and communities start cooking, access to good and nutritious food increases, food poverty reduces, communities are built and people reconnect with their environment.

Empower to Cook offers seminars, healthy eating advice and cookery workshops within organisations to enhance employees' health and well-being.



High Wycombe



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[www.empowertocook.co.uk](http://www.empowertocook.co.uk)

# COURGETTE SODA BREAD

## **JULY BUCKS GLUTS:**

BROAD BEANS, COURGETTE, GOOSEBERRY, RHUBARB

If you'd like to give baking bread a go but feel that feeding a starter every two days, 24 hours proving, and half an hour kneading might be too much, soda bread might be the perfect recipe to start with. This is bread as easy as it can get, it's a rustic style and almost no-knead, ready in just over half an hour, including baking. It's also the perfect recipe to use slightly old yoghurt, as the extra fermentation will help your bread rise.





## INGREDIENTS

- 125 g wholemeal flour
- 125 g plain flour, plus some for dusting
- 1 courgette, grated and squeezed
- 1 heaped tsp bicarbonate of soda
- ¼ tsp salt
- 250 ml plain natural yoghurt
- 4 tbsp pumpkin seeds (or sunflower, linseed, sesame or a mix of all) *optional*

## METHOD

- 1** Preheat the oven to 200°C Fan - 220°C.
- 2** Grate the courgette and place it in a tea towel, squeezing out its juice.
- 3** Place the flours, salt and bicarbonate of soda into a large mixing bowl and add the courgette. Mix together.
- 4** Make a well in the centre and pour in the yoghurt, bringing the mixture together. It should form a soft dough, if too wet, add some flour, if too dry, add a tablespoon or two of milk.
- 5** Tip out the dough onto a lightly floured work surface and working quickly, knead lightly for about a minute, just long enough to pull it together into a ball.
- 6** Pat your dough into a round shape and place on a lightly floured baking sheet.
- 7** Scatter some seeds on top if you wish, then mark a deep cross in the dough with a sharp knife, cutting about two thirds through the loaf. This is needed to cook through.
- 8** Bake in the hot oven for 20-30 minutes, until the loaf sounds hollow when tapped underneath.
- 9** Cool on a wire rack. It's at its best served with a lump of butter.



**DID  
YOU  
KNOW...**



Yoghurt is another food item commonly wasted in Buckinghamshire. Why not try using it instead of milk to make French toast? Or stir in peanut butter, cocoa powder, or your favourite jam into a bowl of yoghurt and freeze for an hour, then devour!

If you are adventurous, you could try 'Two ingredients griddle flatbread', made with 375 g self-rising flour, plus some for kneading and rolling, and 325 g plain yoghurt. Mix the ingredients, knead, divide into four, roll on a floured surface and cook in a hot pan with two teaspoons of oil, 2-3 minutes each side.



# GAZPACHO



# AUGUST BUCKS GLUTS: BEETROOT, CARROT, COURGETTE, FRENCH BEANS, PEAR, RHUBARB, SPINACH, TOMATO

Now that you mastered the bread, it's time to make a soup – if you can really call gazpacho a soup. It's definitely liquid and it's too savoury to be a smoothie, but it's eons away from hot wintery bowls. Think of those overripe tomatoes that start cracking, maybe a cucumber that's going a bit soft in the fridge, a couple of slices of bread going stale, a few leaves of fresh herbs from the windowsill or the backyard... Mix them all, blend, season and you have gazpacho. Potentially, it could also work well for a summer brunch, paired with your favourite eggs on toast.

## INGREDIENTS

- 5 very ripe tomatoes, cut in pieces
- 2 cloves garlic
- A few drops of Tabasco
- ½ cucumber, cut in pieces
- 2 slices stale bread, torn in pieces
- Salt and pepper
- ½ green pepper, cut in pieces
- 1 tbsp red wine vinegar
- ½ small red onion, diced
- 3 tbsp olive oil

## METHOD

- 1** If your bread is very stale, place it in a bowl, splash it with some water and leave it to rehydrate for around 10 minutes.
- 2** Place all the ingredients in a tall blender (or in a tall container if you have a hand blender) and purée them until very smooth. Both the cucumber and the tomatoes are very watery, but if you wish you can thin the mixture with a few extra tablespoons of water. Taste and season with salt, pepper and Tabasco.
- 5** Place in the fridge and leave to rest for a couple of hours and up to a day. Serve cold.



### **Bucks Gluts Top Foodie Tips**

Serve with a few basil or mint leaves in each bowl.

# GLEANING

Gleaning is the act of collecting leftover crops from farmers' fields after they have been commercially harvested, or on fields where it is not economically profitable to harvest. It can also encompass collecting excess fresh foods from gardens, farmers markets, grocers, restaurants, or any other sources in order to provide it to those in need.

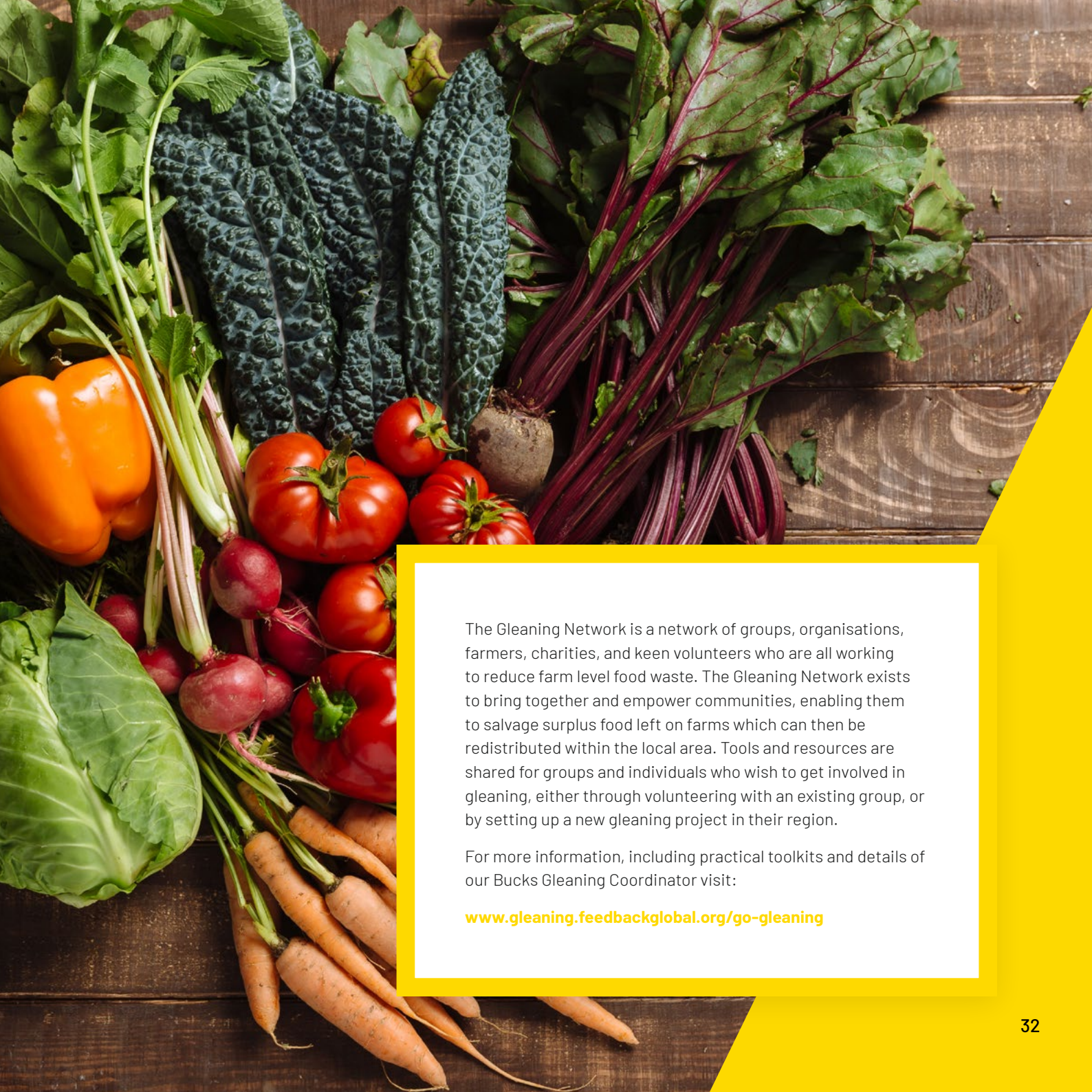
In Buckinghamshire, the first coordinated glean took place in South Bucks in 2019. The atmosphere was great, with everyone excited and proud of what they had achieved. More people have now come forward offering time and support for future gleans which is a great start for further gleaning groups in Buckinghamshire

“  
I AM PASSIONATE ABOUT FEEDING PEOPLE WHO CANNOT AFFORD FOOD AS I KNOW WHAT IT IS LIKE AND TO HELP REDISTRIBUTE FOOD TO THOSE IN NEED, JUST SEEMED THE LOGICAL THING TO DO!

Gleaning volunteer, 2019

”





The Gleaning Network is a network of groups, organisations, farmers, charities, and keen volunteers who are all working to reduce farm level food waste. The Gleaning Network exists to bring together and empower communities, enabling them to salvage surplus food left on farms which can then be redistributed within the local area. Tools and resources are shared for groups and individuals who wish to get involved in gleaning, either through volunteering with an existing group, or by setting up a new gleaning project in their region.

For more information, including practical toolkits and details of our Bucks Gleaning Coordinator visit:

[www.gleaning.feedbackglobal.org/go-gleaning](http://www.gleaning.feedbackglobal.org/go-gleaning)

A close-up photograph of a wooden bowl filled with fluffy, light-colored couscous. The dish is garnished with fresh green herbs, including parsley and dill, and small pieces of roasted vegetables like red bell peppers and onions. The bowl is set on a dark, textured surface.

# COUSCOUS WITH ROASTED VEG

Another fridge-foraging recipe, to make the most of the late summer and all the bounties that are still in the fields at the peak of the hot season, when everything is ripe and at its sweetest. This recipe is to soak in the last rays of the sun, almost from within, and pack your body with vitamins and spices to boost yourself before the autumn and the cold season kick in, extending the holidays a little longer and taking you to exotic lands from the kitchen table.

## **SEPTEMBER BUCKS GLUTS:**

APPLE, BEETROOT, CARROT, FRENCH BEANS, GRAPES, MARROW, ONION, PLUMS, RHUBARB, RUNNER BEANS, SPINACH, SWISS CHARD, TOMATO,

## INGREDIENTS

- ½ large red bell pepper, cored and diced
- 1 medium carrot, cubed
- ½ small onion, diced into chunks
- 1 clove garlic
- ½ medium courgette, chopped cubes
- 1 tin chickpeas, drained and rinsed
- 200 g dry couscous
- 1 vegetable stock cube
- 50 g raisins
- 50 g flaked almonds, toasted
- 2 tbsp fresh coriander, chopped
- 2 tbsp fresh mint, chopped
- 2 tbsp fresh lemon juice
- ½ tsp ground cumin
- ½ tsp ground coriander
- ¼ tsp ground cinnamon
- ¼ tsp turmeric
- 5 tbsp olive oil
- Salt

## METHOD

- 1** Preheat the oven to 180°C Fan - 200°C.
- 2** Place pepper, carrot, onion and courgette on a lined baking sheet, drizzle with 2 tbsp olive oil, and toss to coat evenly. Roast in the oven for about 15 minutes until tender, tossing once halfway.
- 3** While the vegetables are roasting, in a small mixing bowl whisk together the remaining 3 tbsp of olive oil with the lemon juice, garlic, cumin, ground coriander, cinnamon and turmeric. Season with a pinch of salt and set aside.
- 4** Dissolve the vegetable stock cube in 300 ml of boiling water - this is twice the volume of the dry couscous.
- 5** Place the couscous and raisins in a large mixing bowl, pour the hot stock over and stir thoroughly. Cover the bowl with a plate and leave it to rest for 5 minutes, so the couscous can absorb the liquid.
- 6** Stir the couscous with a fork to break up any lumps. Add the roasted vegetables, chickpeas, almonds and lemon mixture to the couscous and toss well. Taste and adjust the salt, if needed. Scatter with the chopped mint and coriander. Serve warm. or at room temperature. Great for school packed lunches.



### **Bucks Gluts Top Foodie Tips**

If you have some mint growing on your windowsill or in your backyard, shred a few leaves and add them at the end. If you want, you can even make some fresh mint tea to go with it

# PUMPKIN RISOTTO

Pumpkin risotto is comfort food at its best, sweet and creamy. It's also a great way to use all the carvings from your Halloween squash. Did you know you can actually eat them? Not once the candle has gone in, of course, but all the carvings that made the eyes and mouth of your jack o' lantern are definitely edible! As these squashes are grown for their shape, they're not the tastiest of things, so we suggest you add an extra butternut or blue squash for sweetness and flavour.

## **OCTOBER BUCKS GLUTS:**

APPLE, BRUSSEL SPROUTS,  
CARROT, CAULIFLOWER, GRAPES,  
MALLOW, PAK CHOI, PLUM,  
RHUBARB, RUNNER BEANS,  
SPINACH, SQUASH, TOMATO



## INGREDIENTS

- Around 1 kg pumpkin or squash, peeled, deseeded and diced (1 cm cubes)
- 300 g risotto rice
- 600 ml stock (or ½ vegetable stock cube dissolved in 600 ml water)
- 1 onion
- 1 garlic clove, crushed
- 50 g parmesan-style cheese, grated
- Small bunch of chives, snipped
- 2 tbsp olive oil
- 25 g butter
- Salt and pepper

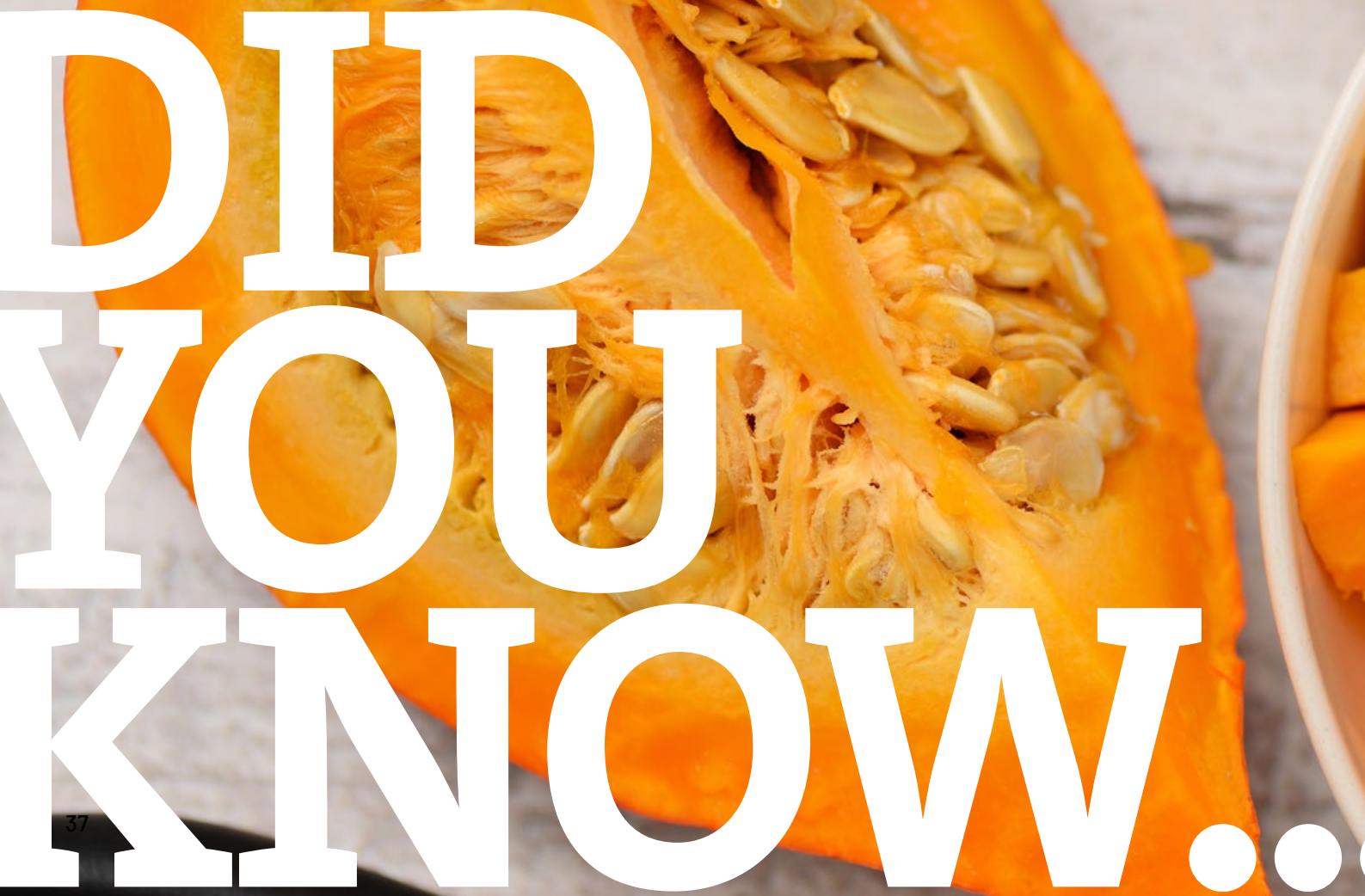
## METHOD

- 1** Preheat the oven to 180°C Fan – 200°C.
- 2** Place the squash cubes into a roasting tin, toss in the oil and roast for 30-40 minutes until tender and golden.
- 3** Meanwhile, prepare the stock, dissolving the stock cube in the hot water.
- 4** Melt the butter in a deep frying-pan or a pot and add the onion. Once it becomes translucent, stir in the rice and garlic and sauté for 1-2 minutes. Add a couple of ladles of stock and keep stirring until the rice has absorbed it.
- 5** Add more hot stock, a ladleful at a time, stirring until each addition is almost completely absorbed. This phase will last between 15 and 20 minutes, depending on the rice. Once all the stock has been added, the rice should be tender and creamy. Add more hot water if the rice is still hard.
- 6** Stir through the roasted squash and check salt and pepper as needed, adjusting to taste. Serve in shallow bowls, scattering over the cheese on top.



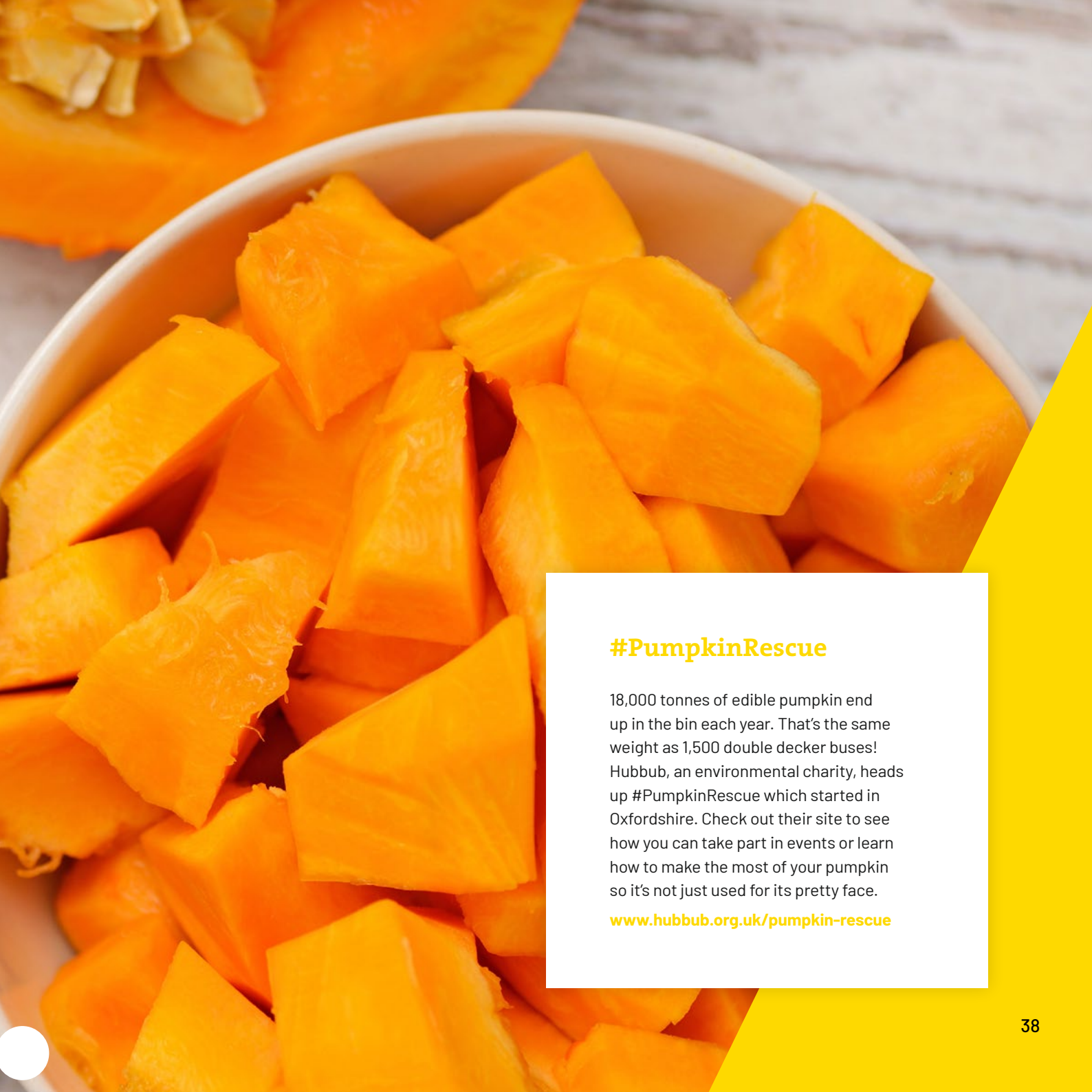
### **Bucks Gluts** **Top Foodie Tips**

A generous pinch of nutmeg works amazingly well. If you don't have parmesan, your favourite cheese will do too.



**DID  
YOU  
KNOW**





## #PumpkinRescue

18,000 tonnes of edible pumpkin end up in the bin each year. That's the same weight as 1,500 double decker buses! Hubbub, an environmental charity, heads up #PumpkinRescue which started in Oxfordshire. Check out their site to see how you can take part in events or learn how to make the most of your pumpkin so it's not just used for its pretty face.

[www.hubbub.org.uk/pumpkin-rescue](http://www.hubbub.org.uk/pumpkin-rescue)

# MINCEMEAT



It's never too early to be festive, so go ahead and start the jolly season earlier by making your own mincemeat this year. It can make for thrifty homemade presents as it is, given away in small jars, or transformed into homemade mince pies. It's a wonderful excuse to be in a cloud of spices, orange zest and sugar for half an hour or so.

## INGREDIENTS

- 50 g vegetarian suet
- 1 large cooking apple, peeled, cored and finely chopped or grated
- 250 g mixed dried fruit
- 50 g demerara sugar
- ½ flat tsp mixed spice
- Juice and zest of ½ orange

## NOVEMBER BUCKS GLUTS:

APPLE, BRUSSEL SPROUTS, KALE,  
LEEK, PAK CHOI, PUMPKIN

### METHOD

- 1 Mix all the ingredients together.
- 2 Sterilise your jars running them in the dishwasher with the hottest cycle, or placing them in the hot oven or for 15-20 minutes, or boiling them in water around 10 minutes. It's important you do this, to keep your mincemeat safe to eat.
- 3 Pack the mincemeat into the sterilised jars up to the beginning of the rim, making sure no air is trapped. Seal using a little piece of parchment cut to size before pressing it onto the mincemeat.
- 4 Store in a cool dark place for at least two weeks and up to a month, or in the fridge for up to 6 months.



### Bucks Gluts Top Foodie Tips

Try adding some chopped almonds, dried cranberries or cherries.



A collage of various food items including canned goods, rice, beans, and lentils. The items are arranged in a dense, overlapping manner. In the center, there is a large pile of white rice. To the right, there is a bag of white beans. In the top right, there is a jar of red tomatoes. In the top left, there is a bag of green lentils. Several metal cans are scattered throughout the image, some with their lids visible. The overall composition is a rich, textured display of staple food items.

**DID  
YOU  
KNOW.**

A collage of various food items including canned goods, rice, beans, lentils, and oil bottles. The items are arranged in a somewhat chaotic but organized manner, showcasing a variety of staple foods. The background is a solid yellow color.

## Thinking in Others

Every now and again, why not check your kitchen and donate the food you no longer need? Check your cupboard and fridge for items you can donate to food banks, community fridges or other charities. Most food banks need 2-3 months left on the best-before date, whereas community fridges and community larders can redistribute fresh and short dated produce. Do not forget some organisations and charities that will be cooking hot meals for those in need in the winter months may also welcome food surplus.



## Bucks Gluts Top Foodie Tips

If you have eggs close to expiry date, you can fry a couple and add them on top.

# BRUSSEL SPROUTS BUBBLE AND SQUEAK



## DECEMBER BUCKS GLUTS: BRUSSEL SPROUTS, KALE, LEEK, PUMPKIN

Like Marmite and kiwis, Brussel sprouts are divisive, often eaten for duty rather than pleasure as tradition commands. In this recipe there are so many other ingredients that the sprouts really disappear, so you won't notice or taste them! It's also a perfect recipe to use leftovers.

### INGREDIENTS

- 15-20 cooked Brussel sprouts, sliced
- 400 g leftover roast potatoes, chopped, or boiled potatoes, crushed
- 1 onion, finely sliced
- 2 tbsp oil
- Salt and pepper


### METHOD

- 1** Heat the oil in a non-stick pan and then add the onion. Fry for about 5 minutes until slightly brown.
- 2** Next, add the Brussels sprouts and the leftover potatoes and season well with salt and pepper. Work everything together in the pan and push it down so that the mixture covers its entire base.
- 3** Allow the mixture to catch slightly (i.e. start to brown and caramelise) on the base of the pan before turning it over and doing the same again. Be brave and let the mixture colour. Serve hot and, if you wish, fry an egg to place on top!



**DID  
YOU  
KNOW**





Brussel sprouts are one of the most wasted items during the festivities - a bit like pumpkins around October. December is a time of the year where we want to provide for families and guests and show them through various dishes and foods how much we appreciate them. However, Christmas has been deemed the most wasteful time of the year!

Make sure you leave space in your freezer over the festive period as it could be your best friend in reducing food going to waste. You can cool any leftovers at room temperature, then cover them and ensure that they go in the fridge or freezer within one to two hours. If you have a lot of one type of food, splitting it into smaller portions will help it to cool quickly. This also means you can freeze and defrost only what you need for future dishes. You can freeze cooked turkey, other cooked meat and meals made from cooked and frozen meat. Ensure you defrost the meat thoroughly before using and once defrosted, you should eat the food within 24 hours.

Why not check in on neighbours who may be alone? Plate up a meal and pop round, or better yet, invite them over. You will have less food, met someone new, and remember that food is better shared.

A photograph of several garlic bulbs and individual cloves. Some are in a wooden bowl, while others are scattered on a wooden surface. The lighting is warm, highlighting the textures of the garlic and the wood.

# STORAGE TIPS

## FOR LONGER LIFE FOOD

Many of us assume having your fridge at the right temperature – between 0°C and 5°C – can help preserve food for longer and so most things will be best stored in the fridge. However, for some fruit and vegetables this is not the case.

### **BANANA**

Bananas should be stored somewhere cool, in a cupboard or on the side, ideally in their original packaging. Bananas will go black in the fridge. Don't store with other fruit!

### **MELON**

Melon that has been sliced should be stored in the fridge in a sealed container. Whole melon should be stored in a cupboard or a fruit bowl.

### **ONION**

Onions are best stored in a cool, dry, dark place, ideally in a cloth bag. Spring onions should be stored in the fridge.

### **POTATOES**

Potatoes should be stored in a cool, dry, dark place, ideally in a cloth bag and away from strong-smelling foods like onions. This also applies for sweet potatoes and winter squashes.

## **TOMATO**

Tomatoes should be kept out of the fridge for the best flavour.

## **MUSHROOM**

Store the mushrooms in the bottom of the fridge or in a cupboard. Keep them fresher for longer by covering them with a tea towel tucked in like a snug blanket to absorb any moisture.

## **STONE FRUIT**

Keep nectarines, peaches and plums in a paper bag on the counter or in a fruit bowl until they are ripe, then move to the fridge where they will last a few more days.

## **GARLIC**

Keep it in a cool, dry place. If you store garlic in the refrigerator, it may start to sprout and turn rubbery.







## ACKNOWLEDGEMENTS

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[www.rothschildfoundation.org.uk](http://www.rothschildfoundation.org.uk)

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[www.feedbackglobal.org](http://www.feedbackglobal.org)



“

**NOW, MORE THAN EVER  
BEFORE, IT IS IMPORTANT  
FOR US TO FIND OUR VOICE  
AS FOOD CITIZENS.**

”







“

**A GLUT IS AN EXCESSIVE QUANTITY OR AN ABUNDANT SUPPLY OF SOMETHING. WHEN THE MARKET IS FLOODED WITH GOODS AND SUPPLY EXCEEDS DEMAND, THEN PRODUCE GOES TO WASTE!**



A Food Citizen's Cookbook focuses on fruit and vegetable gluts common to Buckinghamshire. From gooseberries to potatoes, cabbage to rhubarb; the recipes in this cookbook give you the chance to help prevent tonnes of food waste entering landfill.